



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 3 WEEK OF OCTOBER 24-28



TIMES	MONDAY 10/24	TUESDAY 10/25	WEDNESDAY 10/26	THURSDAY 10/27	FRIDAY 10/28
7:30	Choice play activities 7:00AM-9:00AM Marsh Creek Superheros!				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	Open Assembly Superhero Quiz	Open Assembly M&M Talk	Open Assembly Superman muscles	Open Assembly X-Ray Vision	Open Assembly Blind Guidance
10:00	Outside: Bean Bag Attack	Cooking Project: Superhero chocolate delight	Nature: Super Animals	Music: Make up your own superhero song	Outside: Joker's Stone Face Challenge
10:30					
11:00	Gym games: Spider Ball The Web	Lunch	Gym games: Superman Tag Kryptonite Hot Potato	Gym games: Super-Duper obstacle course	Lunch
11:30		Pick up at 11:30			Pick up at 11:30
12:00					
12:30	Lunch	Adventure Landing 12:00 to 2:00	Lunch	Lunch	Museum of Natural Science 12:00 to 2:00
1:00	Quiet time Zip, Zap Zoom		Quiet time Where am I?	Quiet time What's Different?	
1:30		Depart at 2:00 Money optional			Pick up at 2:00 Money optional
2:00	Art project: Puppet Super hero's		Art project: Power Portraits	Clinic: Counselor Hero	
2:30		Quiet time			Quiet time
3:00	Gym games: Catch the Villain	Gym games: Phone Booth Dress up Relay	Gym games: Kryptonite Disposer Race	Gym games: Shipwreck	Gym games: Human Foosball
3:30					
4:00	Snack	Snack	Snack	Snack	Snack
4:30-6:30	Choice play activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 3 WEEK OF OCTOBER 31-NOVEMBER 4



TIMES	MONDAY 10/31	TUESDAY 11/1	WEDNESDAY 11/2	THURSDAY 11/3	FRIDAY 11/4
7:30	Choice play activities 7:00AM-9:00AM Marsh Creek Superheros!				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Snack
9:30	Open Assembly Heads or Tails	Open Assembly Scategories	Open Assembly Coin Rugby	Open Assembly What do you think?	Open Assembly Electricity
10:00	Outside activities: Name-It Ball	Gym games: Battleships	Nature (Outside) Super explosion	Music: Own action hero comics	Cooking Project: Superhero stick man
10:30					
11:00	Gym games:	Lunch	Gym games:	Gym games:	Lunch
11:30	Human Pacman Elves, giants & wizards	Pick up at 11:45 Hillridge Farms 12:30 to 3:00 Depart at 3:00 Money for gift shop is optional Wear comfortable clothing	Poison ball Catch n’ clap	Hula Hoop freeze tag Capture the Flag	Pick up at 11:30 BigEBounce 12:00 to 2:00 Depart at 2:00 Money is optional for snack bar
12:00					
12:30	Lunch		Lunch	Lunch	
1:00	Quiet time Two Truths and a lie		Quiet time Stone Face	Quiet time Rock, Paper, scissors evolution	
1:30					
2:00	Art Project: Magic Color Mask		Art Project: Cape Design	Clinic: Superhero olympics	
2:30					
3:00	Outside activity: Sidewalk Chalk		Outside activity: Glow stick relay	Outside activity: Jump Rope games	Outside activity: Opposite
3:30					
4:00	Snack	Snack	Snack	Snack	Snack
4:30-6:30	Choice play activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project



MARSH CREEK TRACK OUT X-PRESS PROGRAM- TRACK 3

WEEK OF NOVEMBER 7-11



TIMES	MONDAY 11/7	TUESDAY 11/8	WEDNESDAY 11/9	THURSDAY 11/10	FRIDAY 11/11
7:30	Choice play activities 7:00AM-9:00AM Marsh Creek Superheros!				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	Holiday Track out closed
9:30	Open Assembly Building Challenge	Open Assembly Twister challenge	Open Assembly Count off	Open Assembly Human Letter	
10:00	Outside activities: Prule	Cooking Project: Super smelling	Art project: Sticker Photo Frame	Music: Military Hero’s	
10:30					
11:00	Group 1 Lunch	Gym games:	Lunch	Gym games:	
11:30	Group 1 pick up 11:30 Bisque Art 12:00 to 1:00 Group 2 pick up 12:30 Bisque Art 1:00 to 2:00	Stuck in the mud Fire on the mountain	Pick up at 11:30 AMF Bowling 12:00 to 2:00 Depart at 2:00 Money is optional for snack bar.	Cats in the corner Double circles	
12:00					
12:30		Lunch (Outside)		Lunch	
1:00		Quiet time People to People		Quiet time Mum Ball	
1:30					
2:00		Nature: (Outside)		Outside activities: Spud Spot the Lion Play on the playground	
2:30		Visit with the fire truck			
3:00	Gym games: Pirates Treasure	Gym games: Relay Races	Gym games: Satellite	Outside activities: Straddle Ball	Holiday Track out closed
3:30					
4:00	Snack	Snack	Snack	Snack	
4:30-6:30	Choice play activities				



Fieldtrip



Special Program/Movie



Art/Cooking Project

Marsh Creek Track Out

Track 3— Week 1



Welcome back track 3 for your second time with us this year! Any questions you have we will be more than happy to answer them for you. We have two new counselors with us, Melissa and Will.

Participants need to either wear or bring tennis shoes everyday to camp please! We want your child to be safe when participating in activities.

Field Trips and More!

BigEBounce- Participants will enjoy inflatable rides AND seven big screen Wii systems all in one place! Socks are required to play on the inflatable rides. **1006 SW Maynard Road, Cary, NC 27511.**

Hillridge Farms – Participants will have the opportunity to visit many attractions at Hillridge Farms including a hay ride, giant slide, gem panning, fish pond, farm animal corral and more! Additional money for the gift shop is optional. We will be outside for most of our trip. Please bring plenty of water to drink. **703 Tarboro Rd, Youngsville, NC 275**

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.
- If there is anything special we need to know about your child, please let know.

Please remember to send 2 healthy snacks and a lunch with your child each day.

Don't forget to pick up your child you will need to show your "Blue" security tag.

We do have a short quiet time at track out. During this time please have your child bring a book for 10 minute reading. They can bring a blanket to rest on as well.



Jacque Allen Director, 919-996-4920

Marsh Creek Track Out

Track 3— Week 2



Welcome back track 3 for your second time with us this year! Any questions you have we will be more than happy to answer them for you. We have two new counselors with us, Melissa and Will.

Participants need to either wear or bring tennis shoes everyday to camp! We want your child to be safe when participating in activities.

Field Trips and More!

Adventure Landing – Children will have fun playing video games, miniature Golf and Laser tag. We will provide tokens however, extra money for snacks or more tokens is optional.

3311 Capital Blvd., Raleigh, NC 27604

Museum of Natural Science– We will explore the museum exhibits, visit the animal habitats and more! Please know that your child will be doing a lot of walking so comfortable shoes is necessary.

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 healthy snacks and a lunch with your child each day.

Don't forget to pick up your child you will need to show your "Blue" security tag.

We do have a short quiet time at track out. During this time please have your child bring a book for 10 minute reading. They can bring a blanket to rest on as well.



Jacque Allen Director, 919-996-4920

Marsh Creek Track Out

Track 3— Week 3



Welcome back track 3 for your second time with us this year! Any questions you have we will be more than happy to answer them for you. We have two new counselors with us, Melissa and Will.

Participants need to either wear or bring tennis shoes everyday to camp please! We want your child to be safe when participating in activities.

Field Trips and More!

Bisque Art – Participants will use their imagination and creativity at Bisque Art to paint their very own ceramic piece. We will first choose our shape and colors, and then we'll be ready to paint! Ceramics will be held at the store for firing and will be returned to our Track Out site on Friday for pick up upon your child's departure. **7440 Six Forks Rd, Raleigh, NC 27615**

AMF Bowling– Please make sure your child has socks. Snack bar is available and is optional. The address is: 5501 Commercial Avenue, Raleigh NC 27612 (919) 783-0080

- Make sure upon your child entering the program, that they wash their hands.
- Each day at lunch we offer the children milk to drink.
- During rest time we like for children to bring a book to read for the first 10 minutes. We recommend that your child brings a blanket or large towel to sit or lay on for quiet time.

Please remember to send 2 healthy snacks and a lunch with your child each day.

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